


What should you do when you are **ILL AND HAVE TYPE 2 DIABETES?**

WHY DOES ILLNESS IMPAIR YOUR DIABETES?

Illness or stress can trigger high blood sugars because, in order to combat illness, your body produces hormones (cortisol, adrenaline) that cause your blood sugar to rise.

In addition to high blood sugar values, people with diabetes are more likely to be at risk of dehydration. Indeed, some people are unable to maintain adequate fluid intake and some medications can decrease kidney function and lower blood pressure, hence increasing the risk of dehydration.

Therefore, it is recommended to stop some of the medication for the duration of your illness, usually 48h-72h.  PLEASE REFER TO THE BACK



Signs of **DEHYDRATION**

MILD TO MODERATE Dehydration

- Dry, sticky mouth
- Unusual sleepiness or tiredness
- Headache
- Dizziness or lightheadedness
- Dry, cool skin

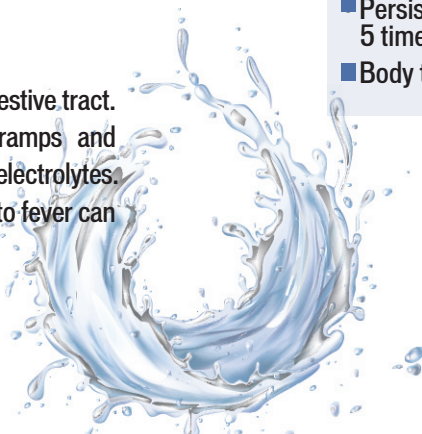
SEVERE Dehydration

- Extreme thirst
- Irritability and confusion
- Sunken eyes
- Dry skin that doesn't bounce back when you pinch it
- Low blood pressure
- Rapid heartbeat
- Rapid breathing
- Little or no urination, and any urine color that is darker than usual

What are the illnesses that cause **DEHYDRATION?**

Gastroenteritis: is an infection that affects the digestive tract. Common symptoms are diarrhea, abdominal cramps and vomiting resulting in tremendous loss of water and electrolytes.

Flu-like symptoms with fever. Perspiration due to fever can put you at higher risk of dehydration.



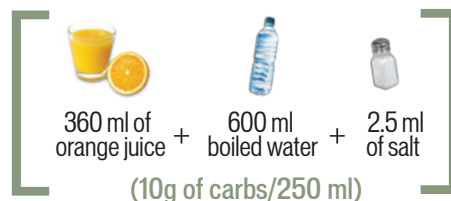
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What to do when you have **GASTROENTERITIS?**

- If diarrhea, hydrate yourself with ready-to use rehydration solution (Gastolyte®) or Home recipe



- Sip liquids at regular intervals (250 ml /hour)
- Ingest 10g to 15g of liquid carbs every hour
- If blood sugar values > 10 mmol/L, prefer sugar free beverages
- Prefer dairy products low in lactose (ex : yogurt)
- Test your blood sugar every 2 to 4 hours.

When to consult **A DOCTOR?**

- Signs of dehydration
- No urination for more than 12 hours
- Blood sugar value > 25 mmol/L and excessive tiredness
- Vomiting or incapacity to tolerate solid or liquid foods
- Persistent diarrhea (for more than 24h or more than 5 times/day)
- Body temperature > 38.5° for more than 48 hours

When to restart **YOUR MEDICATION?**

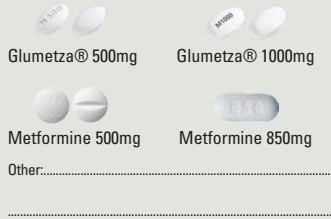
Once you are feeling better, typically 48 hours after an episode of flu or gastro, and can ingest proper amount of food and liquids, it is very important to retake your medications.

If you still feel unwell, consult your health care professional.

Which medications should you avoid taking in case of **DEHYDRATION?**

DIABETES MEDICATIONS

Biguanides



SGLT2 Inhibitors:



Combination with metformin:

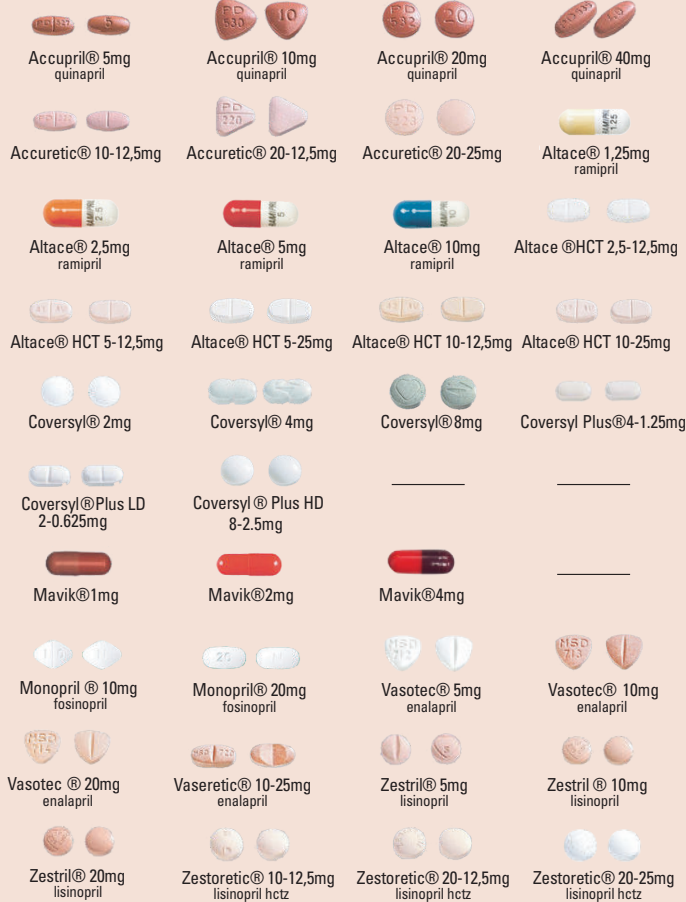


Sulfonylureas and insulin secretagogues:



BLOOD PRESSURE MEDICATIONS

ACE-Inhibitors:



DIURETICS



Other:.....

* Consult your health care professional before stopping

ANTI-INFLAMMATORYS



Angiotension receptor blocker (ARB):



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Those medication images are for information purposes only and may not represent the whole drug class. Color and shape may slightly differ from generic medications.